
YOUR HEALTH & NUTRITION

Volume 3

A newsletter by Mohamed Nasr MD, ABHM, ANA, ACNC, ACIP

March 2012

Alternative Medicine news alert, Soy Protein

By Dr. Mohamed Nasr



In the last volume we have covered the causes of disease from the improper diet to too much stress and also the toxic and infectious process and also genetic problems. In this volume we are going to talk about the diet in details and will start with the protein, then we cover the carbohydrate, fat, vitamins, water, mineral, fibers and oxygen as in last volume we have mentioned.

Next volume will be covering more material including what we did not cover in this volume plus we start covering the role of stress on health. The animal protein is #1 problem that I have noticed from studying nutrition since 1959 until now which is over 52 years. We have found out that human race has been consuming the wrong proteins for the past 100 years at least and even may be a little bit more than that. If we study human race from the Adam and Eve until today we find out that the sources of protein God has provided for us was vegetable protein in the form of soybean, lentils and any kind of vegetable protein that we know of, and also some animal protein he provided for us, some of them abundant and good for us like fish, and some of it is okay you can consume some of it and if you want to not in a large quantity such as chicken, and turkey and beef and some of them are quite troublesome to us at our metabolism such as pork and then we have in the past 100 years have deviated from consuming the proper protein, which is vegetable protein and also milk and fish and went towards hamburgers and stakes, pork and all kind of things that is not good for us. The protein is a substance God made for us to build over body, build muscles, enzymes, hormones, and also detoxify the body and it is very important to consume it. If we do not consume the proper protein we will be like what you see in Africa from the lack of protein, in Ethiopia and places like Kenya and places like that, you see starvation from the lack of protein. And that is not the fault of the people themselves but the fault of the people who manages or rule those people.

Protein is made of units connected together like rosary, called amino acids and those amino acids, when you

consume some protein like soybean, lentils, milk, fish, chicken or beef. You will find those amino acids are connected with each other and it has a specific taste and if you consume one kind of a protein it will take more work for the digestive system to digest it and break it down to amino acids than other protein.

So the animal protein in general is harder to break down than vegetable protein and so vegetable proteins/amino acids are more superior. Unfortunately that is not what we have been taught. Since the fast food restaurants advertised, they change our protein consumption for the last 100 years that we consume more of animal protein than vegetable protein because it has more taste to it. Taste should not be the main factor. The main factor should be how beneficial is that to your health.

If you eat some protein like vegetable protein, especially soy protein you will see there are multiple benefits in that which I will be talking about in a minute. Then if you eat other kind of good protein such as fish or milk, and yogurt, you will find out there are lots of benefits from those besides having amino acid, they have other things, for example eggs will have Lecithin in it. The milk will have vitamins, calcium, phosphorus, magnesium, and has other things, it has healing elements in it for immune system, like when the mother gives her baby colostrum or you see that in people who have horse, like me, the first thing when the horse is born to be sure that they consume in the first few hours the colostrum that the mother makes that kind of milk that have lots of antibodies. Same thing with human being when the mother makes mother milk for her baby, she is giving the baby her immune system to help him or her to fight disease until age of six when they start making their own immune system. The fish have other things in it that is beneficial to the body such as collagen, hyaluronic acid and things that helps against joint problems, besides it has minerals and thing that help memory. It has the Omega III which helps the circulation and helps the brain and eye and liver and the whole body. So there are benefits from these proteins. When compared that the beef, chicken or the pork, we do not see that much benefits comes with it except you might get a little bit of iron with beef or little bit of may be collagen with the chicken and with pork you get nothing but fat and chemicals and all kind of harmful substances, because it is a dirty animal and it has a capacity to transfer his own disease to human race more than cows, fish, chicken and turkey.

And definitely you have never heard about mad fish disease, but we heard about mad cow disease. We heard about swine flu, but we do not hear about fish flu, so we know that the fish is very good, but we also don't hear about that lentils and soybean have caused a specific disease, we don't hear about that. We know that these beans have contributed to lots of other benefit besides their proteins. We take example of that and I would like spend a little bit more time in it, is the soy protein.

Soy protein has been attacked by some doctors and some nutritionists who are really ignorant of soy protein benefits and they try to create emotional propaganda to make soy as an enemy for women that can cause breast cancer and all this kind of garbage. This kind of information is completely inaccurate because we have a history assurance. There are oriental Japanese, Korean, Chinese, and Indians those people have been around for over 10,000 years and have been consuming soy protein for long period of time and they have less risk of the cancer of the breast compared to the western women who consume the animal protein.

So the soy protein has been proven to show that it has many other benefits besides supplying you with protein plus we do not see many overweight obese Oriental women because soy itself helps you to lose weight. Also soy has been shown in the Japanese who have low rates of breast and prostate cancer, consume about 20-80 mg of genistein, which is photochemical derived from soybean. In United States we consume only 1 mg, they consume about 20-80 mg.

We studied the Japanese women who moved to United States and consume standard American diet with low soy protein in it, the risk of breast cancer increased dramatically. Previously, we thought that our diet have contributed it, like high fat diet contributed it the increase of the risk, but we think that increase of breast cancer results from a diet that is deficient in the soy isoflavone.

Genistein and other soy components provide anticancer protection to the body by blocking the cell mutation action of pesticides, herbicide and fungicides and other pollutants by preventing their binding to the estrogen and testosterone receptor sites in the breast and the prostate. So when you eat the protein it has isoflavone, it goes to the prostate and the breast and attach to them and when the pesticides, herbicide and fungicide try to get in and goes to prostate and cause cancer or the breast, they do not find something to attach themselves to.

Another thing we have noticed in the soy protein, it does inhibit the activity of tyrosine kinase which is an enzyme required for most tumor cell proliferation and also inhibition of new blood vessels growth required to feed the tumors, also soy protein inhibit of cancer cell protein synthesis, also it has some affect in induction of cancer cell to differentiate to normal cells. Means it helps cancer cell to return back to normal cells.

There are cancers that respond favorably to soy than others like prostate cancer and leukemia, bladder cancer and glioblastoma multiforme respond better than other cancers, but it does not cause harm. According to published studies sufficient intake of soy everyday alleviates menopausal symptom because isoflavone also helps again hot flashes and stimulate bone formation and inhibits LDL cholesterol oxidation better than statin drugs.

It also reduces the total LDL cholesterol level and also inhibits the development or progression of arteriosclerosis. So it does help circulation. Also it does help against gallbladder stones and reduces risk of cancer spreading in the body and protect kidney function. So we can see that there are enough proofs to prove that soy is a superior product than animal protein and the research came out from Bogor University Agriculture University in Indonesia states that considering the increased risk of breast cancer and uterine cancer in women using estrogen drugs, it is better to use plant chemical phytoestrogen such from wild yams or from soy protein that had genistein which is being shown to protect against his heart disease and also it shows to lower the cholesterol as I mentioned. It does lower that the cholesterol oxidation by 48%.

When you combine the soy protein with vitamin E, I take vitamin E also, then you have more profound benefit of lowering cholesterol especially the dangerous LDL fraction of cholesterol. It has to be a caution about somebody have cancer must talk to their physician about the soy extracts are okay or not okay with chemotherapy they take in because there might be some issues right there. So in the very end we have to say that people who consume more vegetable protein are healthier than people who take animal protein, but people who consider vegetable protein such as soy protein and other protein like lentils and milk and fish, they are healthier than the people who consume animal protein such as pork, red meat and chicken and turkey that are given hormones, which are not good for us.

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ABOUT US

Medical / Nutrition Director : Mohamed Nasr, M.D.
Medical /Surgical Director: You-Sah Kim, M.D.
Radiologist - Nuclear Medicine : Arif Azam, M.D.
Radiologist - Diagnostic Radiology : Robert McMiller, M.D.
VP Operations/Administrator : Tamer Nasr, MBA
Nuclear Department Techologist : Obaid Rihman
Medical Assistant/ECP Tech/Billing : Michelle Green
Medical Assistant/ECP Tech : Jackie Kulakowski
Medical Assistant/ECP Tech: Tera Pipala

CALENDAR OF EVENTS

The Role of Hormones in Every Aspect of your health
Best Western Midway Hotel
1005 S. Moorland Road, Brookfield WI
Tuesday, April 17th @ 7 PM

The Role of Hormones in Every Aspect of Your Health
Peace Lutheran Church
1954 County U, Green Bay WI 54313
Saturday, April 21st @ 6:30 PM

Circulation and a Health Heart
Cedar Rapids Elks Club
801 33rd Ave SW, Cedar Rapids, IA
Thursday, May 3rd @ 6:00 PM

- Internal Medicine
- Cardiology
- Nuclear Medicine
- General Surgery
- Preventative Medicine
- Holistic Medicine
- Nutrition Consultation
- Medical Diagnostics
- X-Ray
- Ultrasound
- Weight Loss
- Depression
- Fatigue
- Sexual Disorders
- Cancer Screenings
- Hypertension
- Hormone Imbalance
- Fibromyalgia
- Migraine Headaches
- Digestive Disorders
- Allergies
- Immune Disorders
- Fitness



Medical Care Center of Lake Villa
213 S. Milwaukee Ave
Lake Villa IL 60046

Northwest Suburban Medical Center
201 S. Milwaukee Ave
Lake Villa IL 60046

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CONTACT US

Phone: 847-356-9009

Fax: 847-356-9010

Email : mcclakevilla@yahoo.com

Web site : www.medicalcarectr.com

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